SINISTER
SHOULDERS

WORKOUTS

Sinister Shoulders

OVERVIEW | COMMENTS



Russel Orhii
Powerlifter & bodybuilder

LENGTH
4 weeks



Timer



1 CIRCUIT

Warm up





2

20 DB Frontal Raises

20 Side Laterals

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2 **Seated DB Shoulder Press**





5

10-8-6-4-2 reps

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3 **Cable Upright Rows**






4

12-12-12-12 reps

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4 **DB Rear Delt**





4

10-10-10-10 reps



Swipe to complete